

Monday, April 12, 2004

CDC official discusses obesity initiatives

On Wednesday, March 17, William H. Dietz, M.D., gave a presentation for State Department of Health staff on the epidemic of obesity. Dr. Dietz is the director of the Division of Nutrition and Physical Activity at the Centers for Disease Control and Prevention (CDC).

During his presentation, Dr. Dietz discussed the problem of overweight and obesity in Indiana, including the consequences of obesity. He also

describes obesity as the "problem of the next century." He also added that in the United States, 30 percent of white women, 40 percent of Hispanic women, and 50 percent of African-American women are obese.

Dr. Dietz identified factors related to the onset of obesity as: altered dietary intake,

decreased physical activity, and increased inactivity. He focused on the role of nutrition and physical activity in weight control, and identified some positive behavior change strategies. These behaviors included: promoting breastfeeding, reducing television viewing in children and adolescents, and increasing physical activity.

A few other strategies that Dr. Dietz identified as "promising," are: reducing soft drink consumption, reducing portion size, and increasing fruit and vegetable



Photo by Dan Axler

William H. Dietz, M.D. discusses initiatives for fighting obesity with ISDH staff on March 17.

consumption. He also encouraged community programs like physical education classes and walk-to-school programs.

"Programs can't be limited to the health department," Dietz said. "Other community programs, such as school-based ones, should be tied in. If you want to be effective, we have to integrate programs."

Dr. Dietz recommends that employers consider worksite programs, like the

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William Wishner, M.D., ISDH special consultant on childhood obesity on loan from Eli Lilly, will discuss "Obesity in Indiana," from 11:30 a.m. to 12:30 p.m., Monday, April 26 in Rice Auditorium.

outlined possible public health initiatives to address the issue here in the state.

With 30 percent of adults in the United States, and 15 percent of adolescents considered overweight, Dr. Dietz

Asthma education kit highlighted during Public Health Week

Last week was National Public Health Week, which this year focused on "Eliminating Health Disparities: Communities Moving from Statistics to Solutions."

In Indiana, state officials marked the occasion by promoting a new asthma education kit for health professionals with Medicaid patients.

"The impact of asthma falls disproportionately on African-American and Hispanic/Latino populations, and appears to be particularly severe in central urban areas," said State Health Commissioner Greg Wilson, M.D. "We hope that this education kit will help eliminate this health disparity."

At least 15 million Americans, including

4.8 million children, suffer from asthma. A public health survey in 2002 showed that approximately 13 percent of Indiana households reported having one child who had been diagnosed with asthma, and nearly 3 percent had two or more children diagnosed with asthma.



Asthma is a chronic lung disease that can be life threatening. The inflamed airways in the lungs become blocked, causing the lungs to get less air than normal. Symptoms of an "asthma attack" can be difficulty with breathing, a tight feeling in the chest, coughing, and wheezing.

Health officials report that asthma accounts for one third of all pediatric emergency room visits. In addition, asthma is the fourth most common reason for pediatric physician office visits, and is one of the leading causes of school absenteeism. "This is a problem that affects a child's quality of life. That's the

Heart Alive! program promotes healthy cardiovascular choices

Indiana State Department of Health employees ages 40 and older will have the opportunity to improve their cardiovascular lifestyle through the *Heart Alive!* program.

Sponsored by the **Office of Women's Health** and supported by the Marion County Health Department, the free program is limited to 150 participants, and has five key components: the initial screening; the results interpretation session; educational programs; a six-month re-screen; and a results interpretation session.

"A healthy lifestyle plays an important role in avoiding heart disease," said program director Keisha Banks, Women's Health. "Therefore, it is important to understand how daily physical activity and proper nutrition can improve your chances of living longer and staying healthy."

The 10-minute initial screening will be conducted by Marion County Health Department employees in Rice Auditorium on Monday, May 3, and Thursday, May 6. Included will be measurements for cholesterol and HDL; height, weight, hip,

and waist circumference measurements; blood pressure check, and pulse readings; nutrition, and physical activity questionnaires; glucose screenings for those at risk for diabetes; and

osteoporosis screenings for female participants.

Results from the initial screening will be provided on Tuesday, June 1 in Rice Auditorium.

The six-month follow-up in November 2004 will include the same screenings except the bone density screenings, and results

will be available in December 2004.

This heart-focused program also includes four, one-hour education sessions in between the two screenings. Topics encompass the importance of exercise, heart-healthy foods, modifying recipes, and how to eat out healthfully.

"By attending the six-month follow-up, participants will see the actual results – and health benefits – of this program, which in turn they can incorporate into their everyday life," said Banks.



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Mark your calendars!



►Heart Alive! sign-up*

2 N. Meridian St. lobby,
near elevators
April 5 - 30
8:30 a.m. to 4 p.m.

*Limited to 150 participants

►Initial Screening

Rice Auditorium
Monday, May 3
(10-minute sessions)
8:30 a.m. to 2 p.m.

or

Thursday, May 6
8:30 a.m. to 2 p.m.

►Initial Screening Results

Rice Auditorium
Tuesday, June 1
10 a.m. to 11 a.m.
or
2 to 3 p.m.

ISDH team to 'Race for the Cure'

More than 100 Indiana State Department of Health employees have teamed up for the fight against breast cancer, and will join an expected 40,000 others in the Susan G. Komen Breast Cancer Foundation Race for the Cure® on Saturday, April 24, 2004.

"We believe in this cause, and this is a team effort to support it," said Team ISDH Leader Carol Case, Indiana Breast and Cervical Cancer Program (BCCP). According to statistics from the American Cancer Society, one in eight women over a lifetime is diagnosed with breast cancer. In Indiana, that figure translates to nearly 4,600 new cases each year, and 900 women diagnosed with



breast cancer will die, according to the BCCP.

Beating those odds is team member Martha Bonds, Minority Health. Diagnosed with breast cancer in 1991 and cancer-free for nearly 13 years, Bonds is an active member in many cancer organizations and events, including Race for the Cure.

"This race means life to me, personally," she said explaining that she has participated in all 13 races. "I can't imagine not being a part of it."

Bonds describes her first race experience after a long winter of cancer treatments as a time when she

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The *Indiana State Department of Health Express* is a biweekly publication for ISDH employees and stakeholders. Words in blue are links that you can access directly if you read the *Express* on-line. To submit news items, call (317) 234-2817 or send information to: ISDH Express, Office of Public Affairs, 2 N. Meridian St., Section 6G, Indianapolis, IN 46204-3003. Inquiries should be directed to:

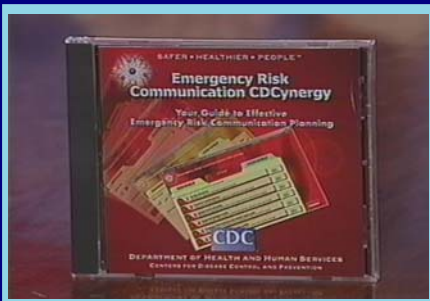
Julie Fletcher, Editor
Telephone (317) 234-2817
Fax: (317) 233-7873

jfletche@isdh.state.in.us
<http://www.statehealth.IN.gov>

Margaret Joseph, Director of Public Affairs

Gregory A. Wilson, M.D.
State Health Commissioner

Liz Carroll, J.D.
Deputy State Health Commissioner



Still frame from video by Wade Kiffmeyer

Crisis Communication

This "Emergency Risk Communication CD Cynergy" CD-ROM has been sent to all of the state's local health departments and hospitals by the Office of Public Affairs. Training on how to use the CD-ROM will be offered to all local health departments in the coming weeks at District meetings.

FDA offering Web-based training

Food Protection employees get your browsers ready!

The Food and Drug Administration is offering free Web-based training through "ORA U" (Office of Regulatory Affairs' online university) to food and drug regulation officials.

Currently, 80 Web-based courses are offered to state, local and tribal regulators engaged in the regulation of food and drugs.

Topics include food and drug law, food microbiology, sanitation, HACCP, and investigation of foodborne illness. Nearly

40 other Web courses are also in development.



The training is helping to fulfill the FDA's ultimate vision for a one-stop source for professional development for both FDA's field staff and state, local, and tribal officials engaged in food and drug work.

For more information in-house, contact the [Food Protection Department](http://www.fda.gov/ora/training/course_ora.html), at 317-233-7360.

To self-register, visit The Food and Drug Administration's Web site at http://www.fda.gov/ora/training/course_ora.html

Kit to help health professionals improve asthma patients' lives

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most important cost of asthma," said Melanie Bella, Medicaid director for the Indiana Family and Social Services Administration. "Investing in education on how to control asthma is one of our most important prevention efforts."

The objective of this asthma initiative is to provide tools that assist healthcare providers in the diagnosis and management of asthma.

The asthma "tool kit" includes materials for health professionals to use with

families, including an Asthma Action Plan for parents, self-management goals for children and for adults, and "Breathe Easier" fact sheets. The fact sheets include an asthma overview, as well as information on animal allergies, dust and mold avoidance, second-hand smoke and children, asthma and exercise, and relaxation methods.

"Effective asthma management for the majority of children and their families is clearly obtainable," said Dr. Wilson.

"Families can learn about monitoring, response to change, proper use of medications, control of the environment, and avoidance."

"By helping patients control their asthma, we can really make a difference in improving their future health," Bella said.

The asthma "tool kit" is used by the Indiana Chronic Disease Management Program, a joint initiative of the state's Family and Social Services Administration (FSSA), which manages Medicaid, and the Indiana State Department of Health.

The asthma "tool kit" is a project of the Indiana Joint Asthma Coalition. These materials for health professionals were developed by a workgroup of the Indiana Joint Asthma Coalition.

The workgroup included physicians, nurses, respiratory therapists, pharmacists, and environmental experts. The Coalition is a joint venture of the State Department of Health and the Indiana Department of Environmental Management.

OBESITY: State looking towards funding

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"Healthier Worksite" initiative the CDC is developing for the federal government. This program includes health promotion, food and cafeteria choices, lactation support, a fresh produce vendor, and walkable campuses.

The awareness of obesity has greatly increased, Dr. Dietz said, comparing the 4,500 national media articles written on the topic in 2003, to the 500 published in 2000. But, he said, the population is "very confused about what to do (about obesity)."

"We need to focus on communication strategies and talk more positively," Dr. Dietz said. "Emphasize overweight, not just obese, and use 'nutrition' rather than 'diet' and 'physical activity,' rather than 'exercise.'"

While there is a greater recognition of the problem of obesity, Dr. Dietz stressed that there is still work to do.

"We haven't done all we need to do, yet," said Dr. Dietz. "We need to make it a nationwide campaign."

And Indiana is working on its part. Although the state does not yet

receive federal funding from the CDC for such initiatives, state officials are working towards it.

Leading Indiana's initiative is William J. Wishner, M.D., a special consultant on childhood obesity to the Indiana State Department of Health.

Dr. Wishner explained that his plan encompasses parts of what Dr. Dietz detailed in his presentation.

"Dr. Dietz is thought of as one of the leaders in (obesity)," said Dr. Wishner, explaining why Dr. Dietz has been consulted.

Establishing Indiana's plan is the initial step to applying for federal funding, said Dr. Wishner.

Discussions are currently underway with those ultimately responsible for carrying out the plan once funding is applied for, and awarded.

Those stakeholders include the Indiana Department of Education, local universities, community groups, food chain businesses and exercise establishments.

"I am working to build strategic partners so we can move toward funding," said Wishner.

Governor Kernan signs health registry legislation

On Tuesday, March 16, 2004, Governor Joseph E. Kernan signed Senate Enrolled Act 188 – Birth Problems Registry and Cancer Registry.

Martha Graves, Cancer Registry director; Nancy B. Meade, program manager for Genomics in Public Health and Newborn Screening; and Zach Cattell, legislative liaison for the State Department of Health, reported on what the bill means to the Indiana State Department of Health. Indiana Cancer Registry

According to Graves, the bill allows the Indiana State Department of Health

to now record certain nonmalignant tumors and diseases diagnosed after January 1, 2004, in the Cancer Registry. Examples include nonmalignant brain and central nervous system tumors, like hemangiomas and fibromas.

"It is important to track nonmalignant brain and central nervous system tumors," Graves said, "They cause disruptions in normal function, similar to that caused by malignant central nervous systems tumors."

"And, they are just as potentially life-threatening as malignant ones," Graves said.

According to Graves, nonmalignant tumors represent an under-appreciated financial and health burden in the United States. She says that the location of a central nervous system tumor is as important as the type of tumor, in relation to morbidity and mortality and, therefore, important to track.

Another change included in the bill is the requirement for ambulatory outpatient surgical centers and health facilities to report to the Cancer Registry

"In the past, most cases were reported by the hospital diagnosing or treating the patient," explained Graves.

"However, with more patients now being diagnosed and treated outside a

hospital setting, a new requirement to capture cases from ambulatory surgery centers and other health facilities was needed to assure complete reporting."

SEA 188 also changes the date by which the Indiana State Department of Health must publish an annual report for the Cancer Registry to December 31 (from July 1).

According to Graves, cancer cases are not required to be reported to the Cancer Registry until six months after diagnoses, thus allowing time for the patient to receive the first course of reportable treatment. The extended deadline is helpful,

Graves said, because of the amount of time needed to assess and compile the submitted data and reports.

"Moving the report date to December 31 will allow us to create a more accurate and complete annual report with which to better assess the burden of cancer in Indiana residents," said Graves.

Indiana Birth Defects & Problems Registry
Meade, says that the Indiana Birth Defects and Problems Registry will now collect birth defect information from hospitals' discharge data and physicians' reports for children up to three years of age (increased from two years of age).

According to Meade, the increase will allow more time to diagnose defects. "Some symptoms are hard to find right away," she said, "This gives us one more year to find them."

Meade says that the bill also expands the scope of disorders tracked.

It adds the diagnoses codes for pervasive developmental disorders, like autism, and fetal alcohol spectrum disorders as birth problems.

This data will be collected from hospitals and physicians for children up to five years of age.

According to Meade, data is not currently kept on pervasive developmental disorders, a topic that is currently



Photo by Jennifer Dunlap

Gov. Joe Kernan signs Senate Enrolled Act 188. Seated to the Governor's right is bill author Sen. Beverly Gard (in pink), and to his left is State Health Commissioner Greg Wilson, M.D. Also present was Stephanie DeKemper, (standing, in yellow) Minority Health Coalition. Representatives from the American Cancer Society were also present.

Heart Alive!

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"Commitment is key to the program and to a heart-healthy lifestyle."

With approval from their supervisor, employees will be able to participate in this program during the workday. However, participants will be required to sign an informal agreement stating that he/she will attend all sessions.

As part of the program, participants receive a one-week pass to gym 2.0 in Circle Centre Mall, and those that attend all *Heart Alive!* screenings and sessions will be eligible for a drawing for a three-month membership to gym 2.0.

Heart Alive! sign-up sheets will be located in the 2 N. Meridian Street building lobby near the elevators from 8:30 a.m. to 4 p.m., from April 5 to April 30.

At that time, participants will enroll in the program and select an initial screening date and time.

"Heart disease is the number one killer of men and women in the United States," said Banks, "Therefore, I encourage both men and women over 40 to enroll in this program."

For more information, contact Banks at kbanks@isdh.state.in.us.



receiving a lot of national attention. She also explained that some fetal alcohol spectrum disorders are preventable, and also are not tracked.

"Once we have the data," she said, "we can know if our prevention efforts are effective."

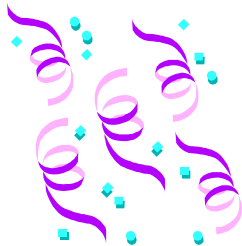
"These changes should allow Indiana's data on birth defects and problems to be more accurate and to provide for better program planning and evaluation of impact of programs," said Meade.

According to Cattell, the Indiana State Department of Health partnered with the Indiana March of Dimes on the Birth Problems portion of the Act, and the American Cancer Society supported the changes to the Cancer Registry.

Employee Service Awards

April 5, 2004 ♦ Rice Auditorium

Photos by Dan Axler (unless otherwise noted)
Look for more photos in the April 21 Express.



Julie Travelstead, Long Term Care, receives her 40-year service award from Assistant Commissioner Terry Whitson.



Several members of the ACAPS Team celebrate after receiving the Winning with Teamwork Award. Pictured from left to right are: Regina Love, Yvonne Loke, Chris Mickens, Jigar Patel, Showreddy Gade, Mohan Ambaty, Tom Curran, Kathie Nunley, Patty Cline, and Pu Han.



Usually seen behind the camera, Dan Axler, Public Affairs, poses for a photo with Deputy State Health Commissioner Liz Carroll after receiving his 20-year service award. (Photo by State Health Commissioner Greg Wilson, M.D.)



Assistant Commissioner Joe Hunt presents Craig Hinshaw, Labs, with his 40-year service award.



Tami Barrett, Commissioner's Office, receives her 25-year service award from State Health Commissioner Greg Wilson, M.D.

Race for the Cure

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"blossomed." As a volunteer at the finish line, Bonds was overcome with emotion.

"To see so many men and women running and walking brought tears to my eyes," she said. "At the time, I thought I was (facing cancer) alone," she explained. "Instead, I saw a sea of people focusing on the same cause."

To help promote what Bonds describes as "truly the best way to give someone a fighting chance against cancer," the State Department of Health is also sponsoring a booth at the race promoting early detection of breast cancer.

According to Case, information will be available on the Indiana Breast and Cervical Cancer Program and its eligibility guidelines, as well as on current recommendations for breast screenings

and the importance of early detection.

With 75 percent of net proceeds raised by the race staying directly in Indiana, Nicole Boone-Poole, Indiana Breast and Cervical Cancer Program, explained that the State Department of Health works closely with many of the organizations supported by the Komen Foundation.

"A lot of organizations that we collaborate with receive funding from Komen," said Boone-Poole. "Participating in a race that benefits groups I often work with makes it that much more special."

Team ISDH will gear up on Wednesday, April 21 at a pitch-in breakfast from 9:00 a.m. to 11:00 a.m. Deputy State Health Commissioner Liz Carroll and Martha Bonds, Office of Minority Health, will speak. Packets will be distributed at that time, and a team photo will be taken.

While the deadline has passed to join

the team, those interested in participating in the race can register onsite on the day of the race. Volunteers also are needed to staff the ISDH booth. For more information, or to make a monetary donation to the Komen Foundation on behalf of Team ISDH, contact Carol Case at 317-234-1356 or ccase@isdh.state.in.us.

"Personally, this is a walk I can honestly say I believe in," said Case. "It is indescribable what you feel when you are there and see the number of people walking towards the same goal."

As Case is thankful for everyone's help in organizing Team ISDH, Bonds is appreciative of her teammates' efforts in joining her fight against breast cancer. "Thank you from the bottom of my heart for having a heart for cancer," she said. "You truly make me feel like I'm not alone."